

# Understanding Your ACEs

Adverse childhood experiences (ACEs) are simply a guideline for potential problems. They do not count experiences after the age of 18 or any positive experiences that may counteract your ACEs. However, the survey does offer valuable insight into how childhood trauma can influence your life choices and physical health as you age.

A few examples from the original ACE study:

**ACE score of 0:** — 6.8% are current smokers, 1.2% have attempted suicide, 14.2% have experienced two or more weeks of depression in the past year, 6.4% have used illicit drugs, 2.9% consider themselves to be an alcoholic, 5.4% suffer from severe obesity.

**ACE score of 1:** — 7.9% are current smokers, 2.4% have attempted suicide, 21.4% have experienced two or more weeks of depression in the past year, 11.4% have used illicit drugs, 5.7% consider themselves to be an alcoholic, and 7.0% suffer from obesity.

**ACE score of 2:** — 10.3% are current smokers, 4.3% have attempted suicide, 31.5% have experienced two or more weeks of depression in the past year, 19.2% have used illicit drugs, 10.3% consider themselves to be an alcoholic, 9.5% suffer from obesity.

**ACE score of 3:** — 13.9% are current smokers, 9.5% have attempted suicide, 36.2% have experienced two or more weeks of depression in the past year, 21.5% have used illicit drugs, 11.3% consider themselves to be an alcoholic, 10.3% suffer from obesity.

**ACE score of 4+:** — 16.5% are current smokers, 18.3% have attempted suicide, 50.7% have experienced two or more weeks of depression in the past year, 28.4% have used illicit drugs, 16.1% consider themselves to be an alcoholic, 12.0% suffer from obesity.

Trauma can negatively impact your health, both physically and mentally.  
Contact your physician to make an appointment with a therapist OR reach out to the following services for a mental health assessment:

Coshocton Behavioral Health Choices (CBHC): (740)-622-0033

Allwell Behavioral Health Services: (740)-622-4470

Therapy can help reverse the effects of trauma by encouraging healthy coping mechanisms

What is your ACE score and what does it mean? Understanding the consequences of childhood trauma. (2019, July 13). Retrieved June 23, 2020, from [https://www.tulsaworld.com/what-is-your-ace-score-and-what-does-it-mean-understanding-the-consequences-of-childhood/collection\\_63a6c896-b94a-550d-8832-9d5365cd195c.html](https://www.tulsaworld.com/what-is-your-ace-score-and-what-does-it-mean-understanding-the-consequences-of-childhood/collection_63a6c896-b94a-550d-8832-9d5365cd195c.html)